



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01263, Ice cream, light, soft serve, chocolate**

**Report Date: July 16, 2017 18:08 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 medium 298g
<b>Proximates</b>					
Water	g	68.92	--	--	205.38
Energy	kcal	141	--	--	420
Energy	kJ	590	--	--	1758
Protein	g	3.36	--	--	10.01
Total lipid (fat)	g	3.69	--	--	11.00
Ash	g	0.88	--	--	2.62
Carbohydrate, by difference	g	23.15	--	--	68.99
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	19.46	--	--	57.99
<b>Minerals</b>					
Calcium, Ca	mg	134	--	--	399
Iron, Fe	mg	0.60	--	--	1.79
Magnesium, Mg	mg	36	--	--	107
Phosphorus, P	mg	113	--	--	337
Potassium, K	mg	207	--	--	617
Sodium, Na	mg	64	--	--	191
Zinc, Zn	mg	0.67	--	--	2.00
Copper, Cu	mg	0.217	--	--	0.647
Manganese, Mn	mg	0.212	--	--	0.632
Selenium, Se	µg	2.3	--	--	6.9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 medium 298g
Thiamin	mg	0.033	--	--	0.098
Riboflavin	mg	0.124	--	--	0.370
Niacin	mg	0.186	--	--	0.554
Pantothenic acid	mg	0.096	--	--	0.286
Vitamin B-6	mg	0.038	--	--	0.113
Folate, total	µg	17	--	--	51
Folic acid	µg	12	--	--	36
Folate, food	µg	5	--	--	15
Folate, DFE	µg	26	--	--	77
Choline, total	mg	10.4	--	--	31.0
Vitamin B-12	µg	0.26	--	--	0.77
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	91	--	--	271
Retinol	µg	90	--	--	268
Carotene, beta	µg	5	--	--	15
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	336	--	--	1001
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	2	--	--	6
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.24
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.7	--	--	2.1
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	1.8
Vitamin D	IU	26	--	--	77
Vitamin K (phylloquinone)	µg	0.4	--	--	1.2
<b>Lipids</b>					
Fatty acids, total saturated	g	2.349	--	--	7.000
4:0	g	0.098	--	--	0.292
6:0	g	0.055	--	--	0.164
8:0	g	0.033	--	--	0.098
10:0	g	0.074	--	--	0.221
12:0	g	0.081	--	--	0.241

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 medium 298g
14:0	g	0.297	--	--	0.885
16:0	g	1.013	--	--	3.019
18:0	g	0.625	--	--	1.863
Fatty acids, total monounsaturated	g	1.033	--	--	3.078
16:1 undifferentiated	g	0.062	--	--	0.185
18:1 undifferentiated	g	0.931	--	--	2.774
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.125	--	--	0.372
18:2 undifferentiated	g	0.086	--	--	0.256
18:3 undifferentiated	g	0.039	--	--	0.116
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.168	--	--	0.501
Cholesterol	mg	15	--	--	45
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0